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**LOCAL SUMMER SCHEME LISTINGS**
PAGES 18-19

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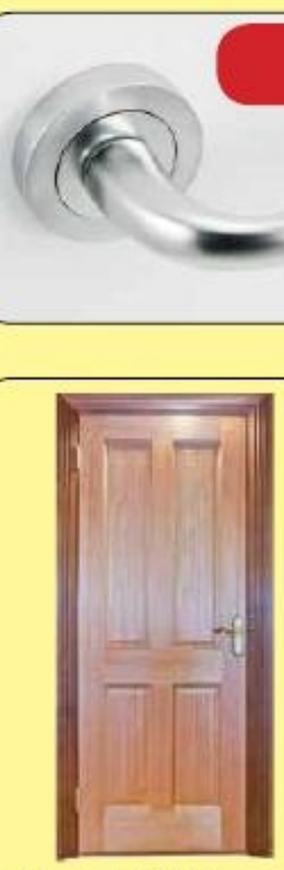

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Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. Yep - we're serious.

The best part? It's completely non-invasive. No surgery, no knives, no long recovery times. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Christina Aguilera and Britney Spears.

The clinic has reported a record demand for the treatment since it's launch. There is now a waiting list in two of the clinics in Northern Ireland. It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes.

Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%.

You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox. One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem with love handles or cellulite.

The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.




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# KELLYS GOLF CENTRE LAUNCH "JUNIOR GOLF PATHWAYS" WITH WARRENPOINT GOLF CLUB

**Last month, Kellys Golf Centre, The Avenue, Burren, launched Stage 1 of the "Junior Golf Pathways" scheme in conjunction with Warrenpoint Golf Club, with the aim of getting more children interested in playing golf.**

*Children from St. Dallan's, Warrenpoint, participating in Stage 1 of the Junior Golf Pathway Scheme.*

Beginning in St. Dallan's Primary School, Warrenpoint, Kellys Golf Centre resident PGA Professional, Dougie Bell led an afternoon session, exposing the young pupils to golf through fun filled drills and games. Over a series of weeks, the skills developed from full swing based activities, to chipping and putting, giving the pupils a well rounded basic knowledge of golf, allowing them to progress to Stage 2, the Saturday lessons at Kellys Golf Centre.

The Saturday afternoon lessons, at Kellys Golf Centre, are a great opportunity for the children to learn in small groups and transcend their previous knowledge into a golf environment. They will learn to control their full swing on the driving range and learn chipping and putting in an authentic golf surrounding. By the end of the six week Saturday afternoon sessions, the children are encouraged to progress to Stage 3, Kellys Golf Centre Saturday morning league, in which they will learn how to play the pitch and putt course, golf etiquette and how to mark a score card.

These Junior Leagues offer the children an opportunity to develop as golfers in a safe, fun and controlled environment. Once they are ready, they will then progress to Stage 4 in which Warrenpoint Golf Club will introduce them to the 'big course' in due time. The steady progression and learning development will ensure that when the time comes to play 18 holes, these children will be knowledgeable, ready and confident in their ability to play golf.

**Junior Golf Pathways is an innovative and creative scheme that will hopefully secure the future of golf in this area for many years to come. For further information contact Kellys Golf Centre on 028 4177 3247 or "Like" Kellys Golf Centre on Facebook.**


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After-School places are also available at First Friends. These sessions give children the opportunity to complete homework with supervision and support from qualified staff. The After-School facility at First Friends offers a relaxed and homely atmosphere along with a pick-up service and snacks are also provided.

Places are also available in First Friends' bright and spacious Toddler Room. Children in the Toddler Room are encouraged to learn and develop through structured play. They are given the opportunity to explore the environment using natural resources and be imaginative and creative through role play. There is a separate private nappy changing area and space to store belongings as well as a monitored sleeping area. Potty training is encouraged and supported by parents.

If you would like to enquire about a place at First Friends for your child or would like to book an appointment contact Laura or Natasha on 028 3085 0153 or tashaharte@hotmail.co.uk

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*- Anne from Newry.*

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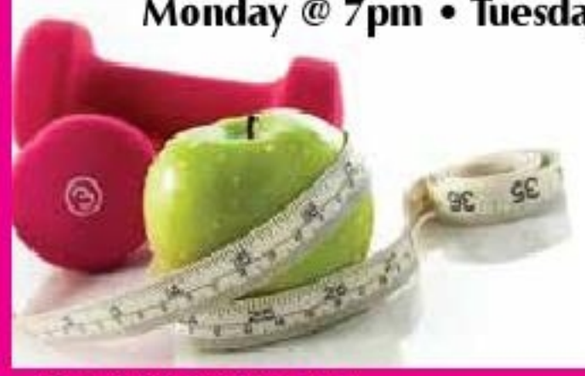

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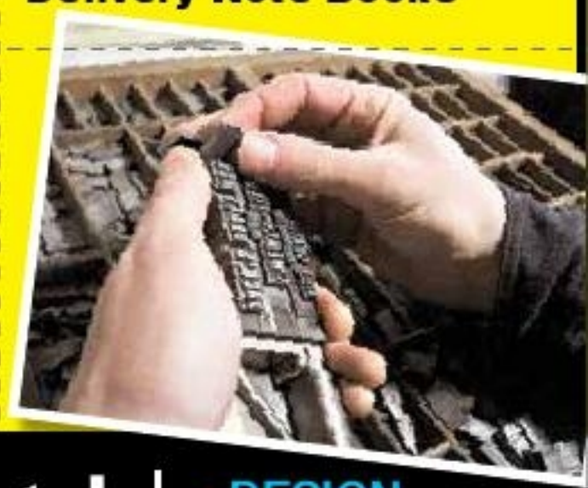

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As we get older, we lose our near vision. If you find yourself holding this paper at arm's length to read this article, then you will understand. Reading menus and texting are equally tricky, even more so if you are unlucky enough to have forgotten your reading glasses!

The technical term for this loss of crispness of our near vision, as we get older is "presbyopia". It's a natural process that happens to everyone, usually from their mid-40s, even if you have previously had laser vision correction. It's simply part of the ageing process.

Traditionally, most people with presbyopia use reading glasses to improve their near vision but as we know, with reading glasses come numerous vision and lifestyle constraints. Reading vision correction treatment can be a life-changing procedure, meaning freedom from reading glasses.

Arrange a free consultation today and find out if you are eligible for this life-changing procedure contact Optilase. Call 08000 121 565 or visit: www.optilase.co.uk

## Tired of your reading glasses?

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### Pamela Ballantine

Broadcaster & Presenter

***In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. This is the best decision I have ever made, I now see life in full HD!***

Pamela Ballantine with surgeon Wayne Crewe Brown and the Optilase Team

### Gerry Armstrong

Football Legend and Broadcaster

***My only wish is that I had it done years ago and maybe I would have scored a few more goals***

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Sunday: 2.00pm - 5.00pm

**Libby's Tearoom:**
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I hated the gym! That intimidating stage with all of those fit & fabulous actors in the show. Not my scene!!! But Curves is different! A ladies only gym, full of wonderful women of all ages, shapes & sizes. All motivated and non judgemental with their own personal goals. Everyone, including myself, feels like their lives are bursting at the seams and sometimes there just isn't enough hours in the day.

I am a working mother, foster carer and heavily involved with voluntary work and fundraising in my local community. Those 30 minutes dedicated to ME 3-4 times a week are precious. I devote 99% of myself to others but it's amazing what you can achieve with that 1%. The Curves team have empowered me, giving me strength in body, mind & spirit.

Take the challenge and make a little time for you . . . because you're worth it!

To see how Curves can help you call today for a free consultation.

Sharon - before!

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Sharon - after!

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3 Door Locker

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**JUST ARRIVED!**
**Our Superb New High Gloss Bedroom Range!**

Available in the following colour combinations: White, Cream, Black, Black & White, Black & Cream, Walnut & Black, Walnut & Cream, Walnut & White

Visit our showroom for a great deal and view this magnificent range.

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Cash & Carry Flooring Only

**SPECIAL:**
Just arrived: 8mm V Groove Quality Flooring
only **£8.99** sq yd
Cash & Carry including Foam Underlay.

## CARPET & VINYL

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Vinyls from **£3.99** sq.yd fitted

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**NEW AXMINSTER RANGE JUST ARRIVED**
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• 8ft was £899 now only **£699**
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• 5ft **£499**
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# Comhairle Ceamtair an Iúir, Mhúrn agus am Dúin Scéim Traenála an tSamhraidh 2015
# Newry, Mourne & Down District Council Summer Coaching Schemes 2015

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

| SPORT | VENUE | COACH | DATES | TIME | BOOKING |
|---|---|---|---|---|---|
| **ACTIVE COMMUNITIES SPORT CAMP** | | | | | |
| **MULTI SPORTS**<br>**Compass North Fit Kids**<br>Age 3-14yrs £10 per day £40 per week | St Pauls High School Bessbrook | Compass North Fitness Club Coaches | 6th July- 14th August | 10am – 2pm | N. Sloan<br>07765222621<br>compassnorthfitness@gmail.com |
| **MULTI SPORTS**<br>Age 8-14yrs | Dromintee | Active Communities Coach | 17th Aug – 21stAug | 10am – 12noon | E. MARTIN<br>00353 866004757 |
| **MULTI SPORTS**<br>Age 8-14 yrsClub Rates | TBC (Mayobridge) | Active Communities Coach | 17th Aug – 21st Aug | 2pm – 4pm | Sean<br>078 4943 6280 |
| **MULTI SPORTS**<br>Age 5-11 yrs<br>£30 1st child £20 each additional | Lislea | Club Coaches | 27th July- 31st July | 10am – 2pm | Dara<br>07766885188 |
| **Summer Camp**<br>4-11yrs Trampolining/ Volleyball/ Netball/ Basketball/ Soccer/ Gaelic/football/Gymnastics/Dance/Swimming / Challenging Competitions | Newry Sports Centre | NMDC Coaches | 20th – 24th July<br>27th July – 31st July<br>3rd- 7th August<br>10th – 14th August | 10am – 4pm<br>10am – 4pm<br>10am – 4pm<br>10am - 4pm | Newry Sports Centre<br>028 3031 3130 |
| **ANGLING** | | | | | |
| **Angling**<br>Age 10-16yrs £10 (Max 15 places) | Bessbrook Pond | Oliver McGauley | 8th&9th July | 9.30am – 4pm | NMDDC<br>02830 313264 |
| **BASKETBALL** | | | | | |
| **Basketball**<br>Age 8-16yrs £8 | Mullaghbawn Comm. Assoc. | TBC | 27th July – 31st July TBC | 9.30am – 11.30am | NMDDC<br>02830889073 |
| **Basketball**<br>Club rates | An Riocht | Council coaches | 20th – 24th July | 11am – 1pm | Contact<br>028 4176 3681 |
| **Basketball**<br>Age 7 – 16 years £8 | Kilkeel Leisure Centre | Active Communities coach | 30th and 31st July | 2 – 4 pm | Sinead O'Hare<br>028417 69249 |
| **Basketball** | Newry | Active Communities coaches | TBC | TBC | Dave Tierney<br>07968164770 |
| **BOXING** | | | | | |
| **Boxing**<br>Age 8-16yrs Club Rates | Dromintee GAC | Club Coaches | TBC | TBC | Elena Martin |
| **CAMOGIE** | | | | | |
| **Camogie**<br>Age 8-16yrs Club Rates | Clonduff GAC | Club Coaches | 10th – 14th Aug | 10am – 3pm | Moire 028406 30062 |
| **Camogie**<br>Age 5yrs+ Club Rates | An Riocht GAC | Club Coaches | 3rd Aug – 7th Aug | 10am – 4pm | An Riocht<br>028417 63681 |
| **DANCE** | | | | | |
| **Irish Dancing** | Burren Youth Club | Murtagh School of Dance teachers | August TBC | TBC | Helen<br>07513806379 |
| **Street Dance**<br>**Boys and Girls 4+ years** | Kilkeel Leisure Centre | Dunaman staff | 11th – 14th August | 2-4 pm | Sinead O'Hare<br>028 417 69249 |
| **GAELIC FOOTBALL** | | | | | |
| **Gaelic Football**<br>Age 5yrs+Club Rates | An Riocht GAC | Club Coaches | 3rd Aug – 7th Aug | 10am – 2pm | An Riocht<br>028 417 63681 |
| **Gaelic Football**<br>Age 6-14yrsClub Rates | St. Killian's GFC, Whitecross | Club Coaches | 21st – 24th July | 10am – 2pm | Claire<br>077 19791629<br>After 6pm |
| **Gaelic Football**<br>Age 8-16yrs Club Rates | Carrickcruppen GAA | Club Coaches | 27th July – 7th Aug | 10am – 2.30pm | D.McCullough<br>077 6523 0294 |
| **Gaelic Football**<br>Age 8-16yrs Club Rates | Drumintee GFC | Club Coaches | 10th Aug – 14th Aug | 10.30am – 2pm | E.Martin<br>0035386 6004757 |
| **GOLF** | | | | | |
| **Disc Golf**<br>Age 8 – 14 years | Kilbroney Forest Park Rostrevor | From DiscGolfNI@gmx.co.uk | 10th – 12th August | 5pm – 8pm | Garry Parr<br>07739210119 |
| **GYMNASTICS** | | | | | |
| **Gymastics**<br>Age 3 – 5 years<br>Club rates | WIN Business Park | Mourne Gymnastics coaches | 6-10th July<br>14th – 17th July<br>3rd – 7th August<br>10th – 14th August | 9.30 am – 1pm | |
| Age 6 – 8 years<br>Club rates | WIN Business Park | Mourne Gymnastics coaches | 20th – 24th July<br>27th – 31st July | 9.30 am – 1pm | |
| Age 5 – 13 years<br>Club rates | Clonduff Youth Club Hilltown | Mourne Gymnastics coaches | 20th – 24th July<br>27th – 31st July | 9.30am – 4pm<br>Half day option<br>9.30 – 1 £30 | |
| **GOLF** | | | | | |
| **Disc Golf**<br>Age 8 – 14 years | Kilbroney Forest Park Rostrevor | From DiscGolfNI@gmx.co.uk | 10th – 12th August | 5pm – 8pm | Garry Parr<br>07739210119 |

All children attending the Summer Schemes MUST come dressed for the weather and for games and activities. Common sense rules apply. Children must bring a packed lunch and snacks.

**ALL COURSES ARE FOR BOYS AND GIRLS UNLESS OTHERWISE STATED.**

ALL ENROLMENT FORMS, UNLESS OTHERWISE INDICATED, TO BE COMPLETED AND RETURNED TO THE COUNCIL OFFICES, GREENBANK INDUSTRIAL ESTATE, NEWRY OR RELEVANT CONTACT AS STATED. NMDDC BOOKINGS CAN BE MADE FROM 8th JUNE 2015 (PLEASE CHECK WITH OTHER CENTRES FOR OPENING OF BOOKINGS)

| | | | | | |
|---|---|---|---|---|---|
| **HOCKEY** | | | | | |
| **Hockey**<br>Age 6-18yrs Club Rates | Mournesports, Kilkeel | Club Coaches | 17th Aug – 21st Aug<br>TBC | 10am-12noon<br>6-11yrs<br>6.30pm-8pm<br>11-18yrs | Kilkeel Leisure Centre<br>028417 64666 |
| **Hockey**<br>6 – 15yrs<br>Club Rates | Newry Hockey Club,<br>Belfast Road, Newry | Newry Hockey Club<br>Coaches | 6th – 9th July | 10am – 3pm | Club 028302 68276 or<br>02830255280 |
| **HURLING** | | | | | |
| **Hurling**<br>Age 8-16yrs Club Rates | Milltown Recreation<br>Area, Warrenpoint | St. Peter's Hurling<br>Club -<br>Coaches | 6th – 10th July | 10am – 2pm | Damien<br>07749142304 |
| **Hurling**<br>Age 5 -14 years Club Rates | Camloch Craobh Rua –<br>High Street, Bessbrook | Club Coach | August (dates to be<br>confirmed) | 10am – 2pm | Camloch Craobh Rua<br>077 36150103 |
| **OUTDOOR EDUCATION** | | | | | |
| **Curragh Camp**<br>Age 7-16yrs £1 per session<br>Ability to swim desirable. | Warrenpoint Baths area | Warrenpoint Curragh<br>Club | 14th August | Session 1<br>10am – 12noon<br><br>Session 2<br>1pm – 3pm | NMDDC<br>028 3031 3264 |
| **Canoeing – Water Polo** | Albert Basin | TBC | TBC | TBC | 028 3031 3264 |
| **Outdoor Pursuits**<br>8+ years | Slieve Gullion | Dunaman staff | 27th July | 9.15 – 4.45 pm | Sinead O'Hare<br>028 417 69249 |
| **RUGBY** | | | | | |
| **Rugby**<br>7-13yrs Boys & Girls<br>£20 first child, £12.50 each additional (**each participant will receive a gum shield and rugby ball**) | Newry Rugby Club,<br>Telford Park<br>Hilltown Rd,<br>Derryleckagh<br>Newry | Newry Rugby Club or<br>St Colmans TBC | 17th Aug – 21st Aug | 10am –<br>12.30pm | Peter McParland<br>07968861659<br>pete.mcparland@btinternet.com |
| **SOCCER** | | | | | |
| **Football Fun Week**<br>6-14yrs £25 per week or £5 per day | Milltown Recreation<br>Area, Warrenpoint | Warrenpoint Town FC<br>& IFA Coaches | 3rd – 7th Aug | 11am -<br>12.30pm | Warrenpoint Town FC<br>078 0266 4375 |
| **Soccer**<br>6-14yrs £10<br>www.sportspartnershipgroupcic.eu | Drumintee<br>Playing Field | Newry Sports<br>Partnership | 29th June – 3rd July | 10am – 12pm | CathalFegan<br>079 2267 5219 |
| **Soccer**<br>6-14yrs £10<br>www.sportspartnershipgroupcic.eu | Creggan Community<br>Association,<br>Crossmaglen | Newry Sports<br>Partnership | 29th June – 3rd July | 1pm – 3pm | CathalFegan<br>079 2267 5219 |
| **Soccer**<br>6-14yrs £10<br>www.sportspartnershipgroupcic.eu | Cullyhanna | Newry Sports<br>Partnership | 6th – 10th July | 10 am – 12pm | CathalFegan<br>079 2267 5219 |
| **Soccer**<br>**6 – 14 yrs £10** | Drumintee Playing Field | Newry Sports<br>Partnership | 6th – 10th July | 1pm – 3 pm | CathalFegan<br>079 2267 5219 |
| **SPECIAL NEEDS** | | | | | |
| **Trampoline course**<br>Registered members | Newry Sports Centre | Council coaches | Every Monday<br>check on day | 5pm – 5.45 pm | Contact Ciara<br>07872676979 |
| **Special Needs summer scheme** | Newry Sports Centre | Active Communities<br>coaches | TBC | TBC | Ciara Lowe<br>0787 267 6979 |
| **TENNIS** | | | | | |
| Newry club rates<br><br>Rostrevor club rates<br><br>Warrenpoint club rates | Newry Tennis Courts<br><br>Rostrevor Tennis<br>Courts<br><br>Milltown Tennis Courts | Jamie Campbell | 27th – 31st July<br><br>27th – 31st July<br><br>3rd – 7th August | 10am - 1pm<br><br>2pm – 5pm<br><br>10am – 1pm | Jamie Campbell<br>075 19155 844 |

Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

# Scéim Traenála an tSamhraidh 2015

# Summer Coaching Schemes 2015

All children attending the Summer Schemes MUST come dressed for the weather and for games and activities. Common sense rules apply. Children must bring a packed lunch and snacks.

**ALL COURSES ARE FOR BOYS AND GIRLS UNLESS OTHERWISE STATED.**

ALL ENROLMENT FORMS, UNLESS OTHERWISE INDICATED, TO BE COMPLETED AND RETURNED TO THE COUNCIL OFFICES, GREENBANK INDUSTRIAL ESTATE, NEWRY OR RELEVANT CONTACT AS STATED. NMDDC BOOKINGS CAN BE MADE FROM 8th JUNE 2015 (PLEASE CHECK WITH OTHER CENTRES FOR OPENING OF BOOKINGS)

***ALL COURSES ARE ON A FIRST COME, FIRST SERVED BASIS AND MUST BE PAID FOR AT TIME OF BOOKING***

**MAXIMUM 4 BOOKINGS PER NMDDC COURSE PER PERSON**

FOR FURTHER INFORMATION PLEASE CONTACT SPORTS DEVELOPMENT DEPARTMENT, TEL: 028 3031 3264 or 028 3031 3137. Mobile 078 7267 6979.

# NEWRY SHOW

**Saturday 27th June 2015**

**Newry Rugby Club, Hilltown Road, Newry**

- CATTLE
- SHEEP
- HORSES
- GOATS
- DOG SHOW
- CHILDRENS SECTION
- HOME INDUSTRIES
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## NEWRY SHOW 2015 HAS SOMETHING FOR ALL THE FAMILY

The highlight of the local Agricultural Calendar is just around the corner. Newry Agricultural Show is back again at Newry Rugby Football Club, Telford Park on the Hilltown Road and adjoining council grounds on Saturday, June 27th.

The Show is a great family day out with something for everyone to enjoy. There are Horse, Sheep, Cattle, Goat, Birds and Dog competitions as well as competitive categories in Flower Arranging, Poetry and Writing, Children will also get an opportunity to show off their painting skills.

Sponsored by Buttercrane Shopping Centre, there are other exciting events taking place on the day also. These include: Most Appropriately Dressed Lady; Glamorous Granny; Little Farmer Girl; Farmer Boy and Bonny Babies. Entries to these competitions are at the show on the day.

Fun is the order of the day with so much on offer for children including a magician, face painting and

amusements. There will also be many exhibitors on the day displaying their wares that encompass all aspects of farming and rural life.

A delicious lunch is also on the menu at Newry Show as you will be spoilt for choice with a great selection of on-site catering at the event.

Newry Show is a day not to be missed, so make sure you get along to Telford Park, Hilltown Road, Newry on Saturday, June 27th.

For more information on competition entries and general information about the show call 078 0880 3306, email newryshow@hotmail.co.uk, visit www.newryshow.co.uk or follow Newry Show on Facebook.


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OPRY an Iúir

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## Wednesday 24th June 2015

- The Brilliant **Mike Denver**
- The Talented **Dominic Kirwan**

Presented Live By Daniel O'Donnell & Lynette Fay (BBC)

## Thursday 25th June 2015

- The Legendary **Charlie Landsborough**
- The Fabulous **Louise Morrissey**

Presented Live By Daniel O'Donnell & Lynette Fay (BBC)

## Friday 26th June 2015

- The Fantastic **Johnny Brady**
- Singing Sensation **Jim Devine**

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**Tickets for the above fabulous concerts are priced at £15 and are on sale at:**

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| **FUNGI** - Mushroom | £5.00 | £5.50 | £7.50 |
| **MILANO** - Ham & Pineapple | £5.50 | £6.50 | £8.50 |
| **FABIO** - Chicken & Mushroom | £5.50 | £6.50 | £8.50 |
| **NEW YORKER** - Beef, Onion, Mushroom | £6.00 | £7.00 | £9.00 |
| **PEPPERONI** - double pepperoni, double cheese | £6.00 | £7.00 | £9.00 |
| **TEX BBQ** - bbq sauce, chicken, onion, peppers | £6.00 | £7.00 | £9.00 |
| **MEAT FEAST** - ham, pepperoni, chicken & bacon | £7.50 | £8.50 | £10.50 |
| **VEGGIE** - onion, peppers, sweetcorn & mushrooms | £6.00 | £7.00 | £9.00 |
| **SPICY CHICKEN** - chicken, peppers, pineapple and sweet chilli | £6.50 | £7.50 | £9.50 |
| **MAC'S SPECIAL** - a little of our most popular toppings | £8.00 | £9.00 | £12.00 |
| * NEW - **COCK 'n' BULL** - Choice of sauce, Beef Pepperoni, Chicken, Onion, Taco Mince | £8.00 | £9.50 | £12.50 |
| **BREAKFAST PIZZA** | £7.00 | £8.00 | £10.00 |
| **CHICKEN CURRY PIZZA** | £5.50 | £6.50 | £8.50 |
| Garlic Bread | £3.00 | | |
| Extra toppings | 50p | £1.00 | |

**Toppings:** ham, mushrooms, pepperoni, chicken, bacon, sweetcorn, peppers, pineapple, cheese, onions, beef

## Burgers

| | |
|---|---|
| Mac's Burger | £3.50 |
| Burger | £2.00 |
| Cheese Burger | £2.20 |
| Bacon & Cheese Burger | £2.50 |
| Salad Burger | £2.30 |
| Chicken Burger | £3.50 |
| Chicken Chunks | £3.60 |
| Chicken Goujons | £3.00 |
| Onion Rings | £1.70 |

## Chips

| | |
|---|---|
| Small Chips | £2.00 |
| Large Chips | £3.00 |
| Curry Chips | £2.50 |
| Gravy Chips | £2.50 |
| Super Chips | £2.50 |
| Garlic Chips | £2.50 |
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| Chicken Chip Meal | £4.95 |
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| Taco Chip with Mince | £4.95 |

## Kids Meals

ALL £3.00

- Burger & Chips + Drink
- Sausages, Chips & Drink
- Chicken Nuggets, Chips & Drink
- Cheese Burger Chips & Drink

## Sausages & Fish

| | |
|---|---|
| Plain Sausages | £1.20 |
| Freshly battered Sausages | £1.60 |
| Freshly battered Cod | £3.50 |
| Fish Supper | £4.50 |
| Foot Long Hot Dog | £2.00 |
| Chilli Cheese Dog | £3.50 |

## Drinks

| | |
|---|---|
| Tea | £1.00 |
| Coffee | £1.50 |
| Latte | £1.80 |
| Cappuccino | £1.80 |
| Hot chocolate | £1.80 |
| Bottles of Juice | £1.20 |
| Large Bottles | £1.80 |
| Cans | 80p |
| Fruit Shoot | 0.75p |
| Boost | 49p |
| Water | £1.00 |

## Breakfast

**Breakfast Bap** ..... £2.95

**Breakfast Soda** ..... £3.50
*2 Sausages, 2 Bacon, 1 Egg*

**Half Soda** ..... £2.00
*1 Sausage, 1 Bacon, 1 Egg*

**Full Breakfast** ..... £4.00
*2 Sausages, 2 Bacon, Eggs, Beans, Half Soda, Mushrooms*

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*The successful use of the therapy was featured on the BBC News 24 channel, and was tested successfully on the 'Richard & Judy' Channel 4 TV Show (Sept. 2008). The Bio-resonance Anti-nicotine therapy has proven so successful in relieving withdrawal symptoms it is being used as treatment for a range of addictive substances.

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# Breaking the cycle of Depression . . . for good!

Depression is now the number one psychological disorder in the Western World. Tragically it is growing fastest among young people. Crippling depression results from too many pressures and worries occurring simultaneously. The consequences can be soul destroying for the depressed person. They may become isolated from their friends and family. Motivation is lost. Relationships suffer. Mood is constantly low. For some, self-harm or suicide may seem the only option. But it doesn't have to be that way! Human Givens psychotherapists are well equipped to help depressed individuals recover quickly, permanently and in very few sessions

Even though a depressed person seems super-calm, almost in a trance, they are in fact highly emotionally aroused. They never stop worrying. So initially the psychotherapist helps the person to calm down so that they can think clearly about their situation instead of worrying. Secondly they help the depressed person to identify and find solutions to whichever of their life's needs that are missing.

The depressed individual will be worrying about something in their life that is not working properly, perhaps financial difficulties, or a difficult relationship or pressure at work, or some threat. When a combination of events occurs simultaneously, a person may begin to worry excessively and become highly anxious.

Excessive worry and the fear which it induces, puts huge pressure on the dreaming function of the brain during sleep. We now know that people dream at night to de-arouse their highly-charged emotions. We normally have two hours of dream (REM) sleep per night to de-arouse our mental "software", and 5-6 hours of restorative sleep to recharge our bodies with energy. Depressed individuals dream for many hours each night and so do not get enough restorative sleep, so often wake up feeling exhausted. They may thus achieve little the next day, causing even more worry, more depletion, and depression.

Fortunately, Human Givens psychotherapists can help clients break this cycle of worry, sadness and anxiety very quickly. They have helped people, depressed for 20 years or more to recover completely within weeks and months. The majority of recovered clients no longer need anti-depressants or tranquilizers.

There are some basic tools for breaking the cycle of depression; 7:11 Breathing - Making the out-breaths last 1/3 longer than the in-breath quietens the mind; Exercise - 30 minutes five times per week - raises our mood; Solutions - Spending time thinking about solutions, when the high emotional arousal has been lowered. The psychotherapist will assist the client with these and teach other tools that can break the cycle of depression for good.

If you have a consistent and or recurring low and depressed mood, consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from Patrick Street in Newry and works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment or talk with Paul, call 028 3025 1798 or 077 3973 1424. For more information see www.paulgranthgtherapy.com.

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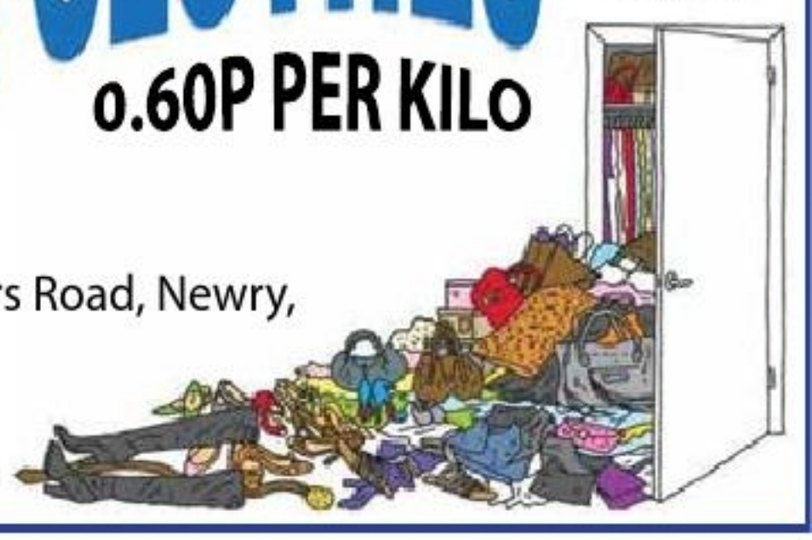

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My mother who is 80 years old, suffers from terrible arthritis and gout and is very restricted with the medication she can use because of a health problem she has. She started using your Rub last year and she thinks it is absolutely wonderful. Everyone that comes to visit gets to hear about "The Rub" including her doctor and consultants. Thank you so much.

*- Anne, Monaghan*

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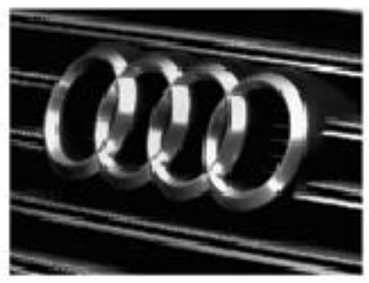

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*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by June 30th 2015. Metallic paint available at an additional £495.

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**Model Shown:** Civic Sport 1.6 i-DTEC Manual in Brilliant Sporty Blue Metallic at £21,345 On The Road (OTR). *15YM Civic range from £15,975 for 1.4 S Manual non metallic to £25,860 for 1.8 EX+ Auto metallic. **Terms and Conditions:** New retail 15YM Civic registered from 01 April 2015 to 30 June 2015. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. Not to be used along with any other offers currently available. **Deposit contribution:** £500 Honda deposit contribution on Civic Diesel models purchased through Honda Aspirations. **Civic Sport 1.6 i-DTEC Honda Aspirations (PCP):** *5.9% APR Representative example shown based on Civic Sport 1.6 i-DTEC Manual in Brilliant Sporty Blue Metallic at £21,345 total cash price with 37 months 5.9% APR Representative PCP (interest rate per annum 5.68% fixed). Minimum customer deposit 0%, maximum customer deposit 30%. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. **Honda Franchise Dealers are credit brokers, not lenders.** Credit provided by Honda Finance Europe Plc. Cain Road, Bracknell, Berkshire RG12 1HL. Honda Finance Europe plc is authorised and regulated by the Financial Conduct Authority, Financial Services Register number 312541. **5 Years Servicing Includes:** All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,500 miles, whichever comes first. 5 Years Servicing is optional. It is being offered for £500 including VAT (usual value £1,430 including VAT, resulting in a £930 saving for the customer) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle.

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Fuel consumption figures for the Honda range in mpg (l/100km): Urban Cycle 23.2 – 70.6 (12.2 – 4.0), Extra Urban 40.4 – 85.6 (7.0 – 3.3), Combined 32.5 – 78.5 (8.7 – 3.6). $CO_2$ emissions201 – 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience. **Models Shown:** Jazz 1.4 i-VTEC ES Plus Manual in White Orchid Pearl, Civic 1.4 i-VTEC S Manual in Twilight Blue Metallic, Civic Tourer 1.8 i-VTEC S Manual in Twilight Blue Metallic and CR-V 2.0 i-VTEC S Manual 2WD in Twilight Blue Metallic. **Terms and Conditions:** Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC S Manual, £499 Advanced Payment offer on Civic Tourer 1.8 i-VTEC S Manual, £999 Advanced Payment offer on CR-V 2.0 i-VTEC S Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 April 2015 to 30 June 2015 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at Cain Road, Bracknell, Berkshire RG12 1HL.

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